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Your essential daily news | WEDNESDAY, AUGUST 17, 2016

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Derek Drouin clears a jump
in the men's final at the 2016
Summer Olympics in Rio de
Janeiro, Brazil, Tuesday.
THE CANADIAN PRESS



BAR RAISED

Canadian hits high note with Olympic Gold

RIO

Lower voting age: Council

DEMOCRACY

But province says idea is not on the table



**Ryan
Tumilty**
Metro | Edmonton

Edmonton city councillors threw their support behind a proposal to lower the voting age to 16, but the provincial government says the idea isn't on the table right now.

Members of the city's executive committee unanimously endorsed a letter from the Edmonton Youth Council that will go to the provincial government asking for a lower voting age.

"It's important to listen to the voices of people who want to participate in the democratic process," said Mayor Don Iveson.

All of council will still have to endorse the idea next week and the final decision on whether to actually lower the voting age will rest with the provincial government.

Shannon Greer, a spokesperson for Municipal Affairs minister Danielle Larivee, offered an email statement Tuesday and said the province wasn't looking at the idea.

"We are not currently considering changes to the voting age, this proposal effectively highlights the importance of involving young people in decisions," she wrote.

Greer said the government did welcome the ideas from the youth council.

Cameron Somerville, vice-chair of the youth council, said he was "thrilled" with council's decision. He said allowing people to vote while they're still in high school would drive up voting rates over the long term.

"When you vote in your first election you are more likely to become a life-long voter," he said.

Somerville pointed to evidence from other countries that have lowered the voting age and seen good turnout from younger people. "They have shown that these 16- and 17-year-olds will be engaged in the election process," he said.

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Peek inside Royal Alberta

CULTURE

Construction nearly done on biggest museum in the West



Kevin Maimann
Metro | Edmonton

The Royal Alberta Museum hit a construction milestone this week, more than 900 days after work started on what will be the biggest museum in Western Canada.

Journalists toured the inside of the new downtown museum Tuesday, which is now mostly complete with high ceilings, limestone walls, granite flooring and climate-controlled galleries.

Mosaic panels by artist Ernestine Tahedl, reclaimed from the former Canada Post office on the site, are featured outside along its pedestrian boulevard on 103A Avenue near 99 Street.

The building is twice as big as the current Glenora location and is close to the Art Gallery of Alberta, the Winspear Centre and Citadel Theatre in the downtown arts district.

"This is the anchor of a cultural promenade that will go all the way to the Shaw (Conference Centre), and then to the river valley, and this is what's going to attract tourists from around the world," said MP Randy Boissonnault.



sonnault.

Work started in 2013 on the \$375.5-million facility, built with \$253 million from the province and \$122.5 million in federal funding. Alberta Infrastructure Minister Brian Mason said its construction created 4,000 jobs.

Meanwhile, the fate of the current museum is in limbo.

Mason said it will take a year and a half to move artifacts to the new space while all options are considered.

"We will be making that decision in due course — not soon — and only after due consultation with the community," he said.

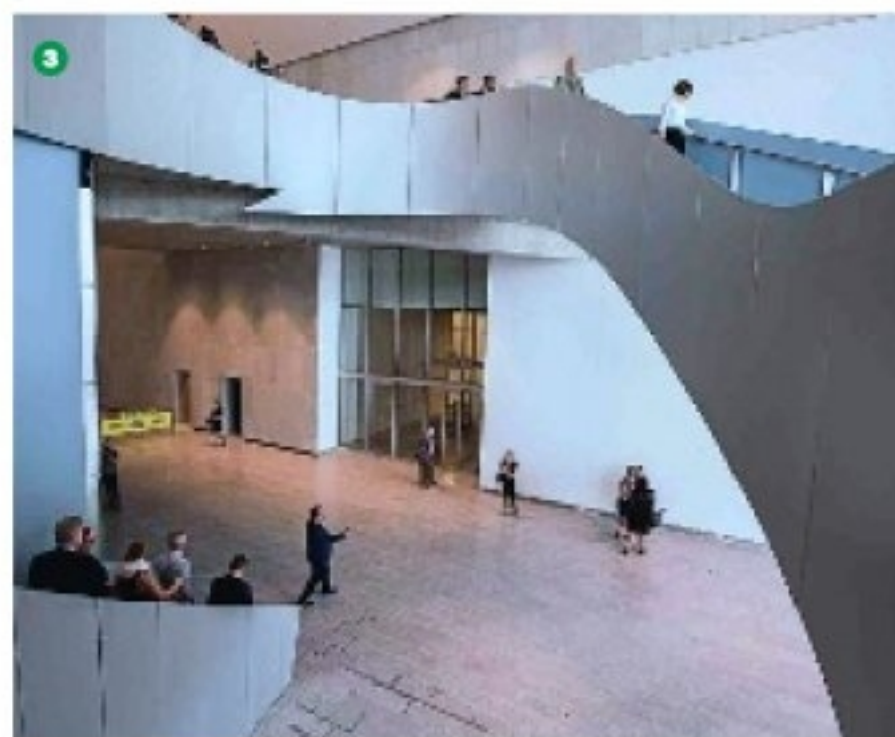
The new museum is scheduled to open in late 2017.



1 MPs Amarjeet Sohi and Randy Boissonnault and MLAs Ricardo Miranda and Brian Mason mark a construction milestone on the new Royal Alberta Museum.

2 The main floor space and 3 a view from the staircase.

4 Artist Ernestine Tahedl explains her mosaic panels, displayed on the museum grounds. PHOTOS KEVIN TUONG/FOR METRO



VALLEY LINE LRT

Footbridge may yet be saved, says group



Ryan Tumilty
Metro | Edmonton

The decision on a last-ditch effort to stop the Valley Line LRT and save the Cloverdale footbridge comes down Wednesday morning.

The Save the Footbridge group appeared before associate chief justice John Rooke Tuesday, seeking an injunction against the project based on an agreement between the city and the province from 1975.

The agreement appears to require the province to sign off on construction projects in the valley. Bill Hogle, the group's lawyer, argued the city was in violation of that agreement.

"The city could easily run the line down existing transportation corridors," he said.

Speaking outside the courtroom, Kristine Kowalchuk with the Save the Footbridge group said they don't oppose LRT, but they want to protect the valley.

"We need expanded public transit in the city, just not in a way that destroys parkland," she said.

If the judge rules in the group's favour, the city would need approval from environment minister Shannon Phillips.

Kowalchuk said even though the province is supporting the line with \$600 million in funding, it doesn't mean they would definitely support this alignment.



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WILDLIFE CONSERVATION

Bear death prompts debate among hunters



Brodie Thomas
Metro | Calgary

An American hunter who killed a bear with a spear and posted the video online is generating plenty of controversy — not just for his choice of weapon but also for baiting the animal.

U.S. hunter Josh Bowmar used a hand-thrown spear to kill a black bear during a hunting trip to Northern Alberta

this spring.

Casey Maguire, a band council member with the Siksika Nation, said Bowmar wasn't really hunting because he baited the animal.

"When you hunt you have to earn your kill," he said.

When Maguire hunts traditionally with other band members, they don't wear camouflage. They use traditional methods, such as masking their scent from the animals with wood smoke.

Baiting of bears is legal under Alberta hunting laws, but also highly restricted according to Miles Grove, superintendent of operations with Fish and Wildlife enforcement branch.

"It's only allowed in certain parts of the province, and that's where grizzly bears are absent — so boreal forests," said Grove.

He said hunters are required to put up signs warning others that bait has been left out. They are also required to put their

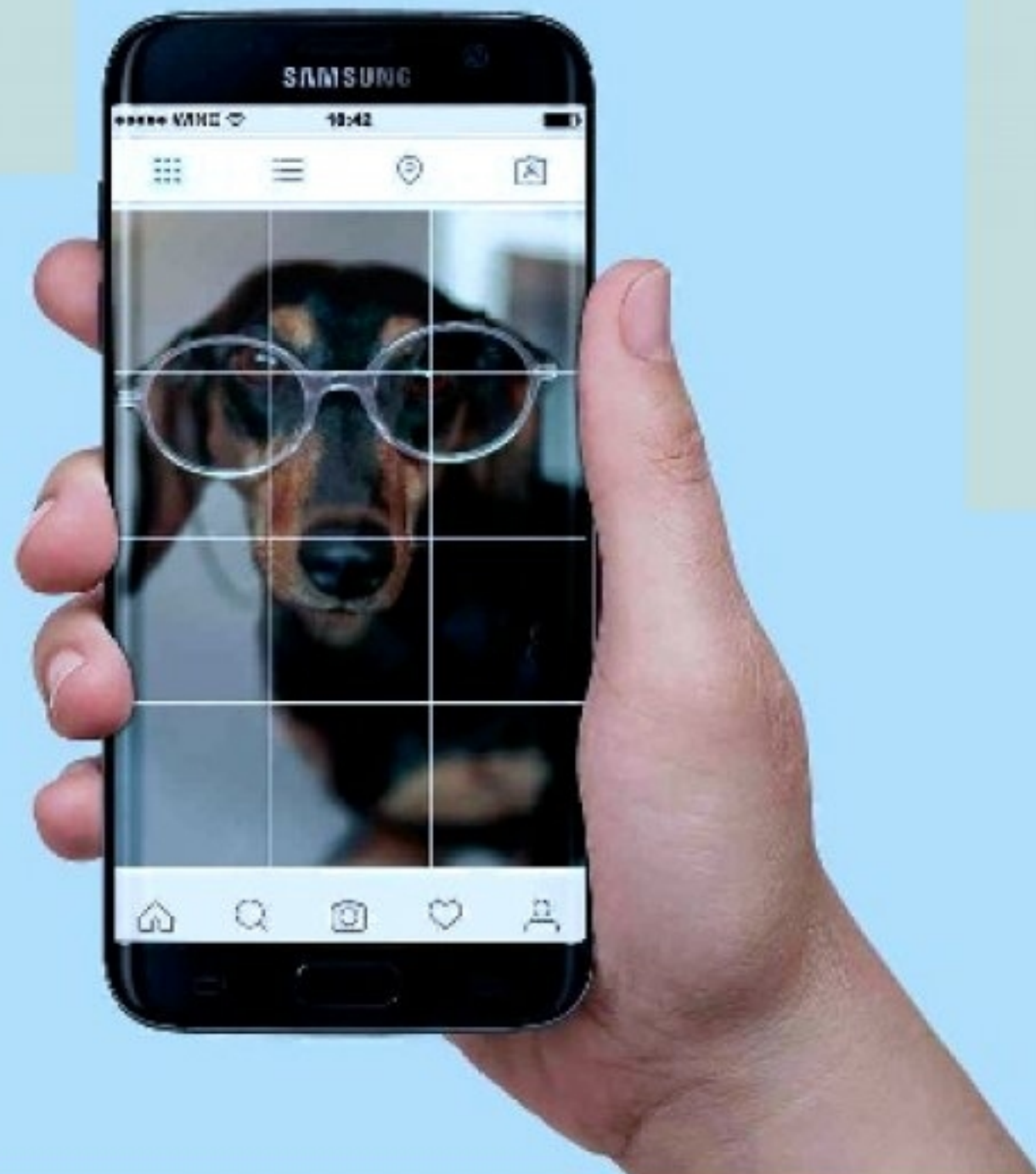
names on the signs.

Wayne Lowry, president of the Alberta Fish and Game Association, said baiting black bears is about the only way to successfully hunt the animals.

"Just because they're so elusive in the deep woods," he said. "They're hard to find."

Lowry is fine with the baiting, but is happy to see the province planning to ban the practice of hunting with spears. He has concerns about amateurs wounding animals.

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The Blatchford site still sits empty, but the city has big plans for it. KEVIN TUONG/FOR METRO

Ex-airport to become residential

BUILDING

City releases Blatchford development plans for future



Kevin Maimann
Metro | Edmonton

The city released a new plan and renderings for the first residential stage of its Blatchford development Tuesday.

If all goes as planned, the first stage will feature separated bike lanes, urban gardens and fruit orchards with rainwater collection, and community gathering places including a skating rink and a warming hut with a fire pit.

"I would argue it's going to be unlike much of what you can find elsewhere in Canada. And this truly will be one of the most sustainable communities on Earth," said Mayor Don Iveson.

"I sometimes describe this as our Brooklyn. And I think it's very exciting to be able to

move ahead with the first stage for that."

Blatchford is expected to include mixed-income housing geared especially toward young families.

It will be at least mid-2017 before bidding opens to builders, however, so the product could deviate from the city plan.

First, council needs to make a decision on the district energy system. Iveson said council remains committed to renewable energy and carbon neutrality in Blatchford, and a report on the system is due back to council in November.

The project has been in the works since the closure of the City Centre Airport was announced in 2009, and Iveson said optimistically people might start living there in 2018. He said the project is moving at a responsible pace that is not out of line with other suburban developments.

"In the grand scheme of things, given how complex an undertaking like this is for the city or the private sector, we're actually doing reasonably well," Iveson said.

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GOVERNMENT POLICIES

Scientists urge phosphorous reduction

Ever wondered why blue green algae takes over Pigeon Lake almost every year?

A group of North American scientists say the results are in, and are calling on governments around the world to control the flow of phosphorous into freshwater to decrease the spread of algal blooms.

"Thirty-seven long-term, whole-lake studies conducted in nine countries in Europe and North America showed that controlling a single element, phos-

phorus, reduced algal blooms in lakes," said University of Alberta professor emeritus David Schindler, referencing an article out this week in Environmental Science & Technology.

Phosphorus is a chemical found in, among other things, sewage, fertilizer and types of detergent, and when it washes into lakes causes algae to grow. Known as eutrophication, it's one of the leading causes of freshwater pollution, and is estimated to cost \$2.2 billion each year in

the U.S. alone.

Closer to home, Schindler said it's a big part of the reason why a lot of lakes in Alberta are more than little slimy. The soil has a lot of phosphorous to begin with, agriculture has intensified that, and then, there's the vacationers.

"The lakes near Edmonton and Calgary have been loved to death, and there are rings and rings of cottages around them," he said.

"In the early days many of those had poor septic tanks and there are no controls to people

applying lawn fertilizer."

While phosphorus was regulated in many places in the 1970s, in recent years some scientists have argued that nitrogen must also be reduced, resulting in two competing schools of thought.

But Schindler said this study makes clear phosphorus is the answer, and what's more, it's a simpler and cheaper solution.

"It's one of the few cases where the least expensive option actually does a better job."

ALEX BOYD/METRO



Emily Milne is an assistant professor of sociology at MacEwan University. KEVIN TUONG/FOR METRO

Legacy of distrust

RESIDENTIAL SCHOOLS

Indigenous parents wary of education system: Expert



Alex Boyd
Metro | Edmonton

The legacy of Canada's residential schools lives on in modern classrooms, according to a study from a MacEwan University researcher that found many indigenous parents are still uncomfortable interacting with the school system.

For many, education was long been associated with discrimination and severe abuse at the hands of teachers, which makes things like dealing with

more comfortable with the system. But parents with less first hand experience were much less comfortable engaging — which in turn affected their own children's education.

Milne points out that most teachers assume parents have a positive attitude towards the education system, and will work with teachers if their kids are struggling in school or need more help.

Miranda Jimmy, co-founder of RISE, or Reconciliation in Solidarity Edmonton, said her father's experience as a residential school survivor shaped how education was seen in her household growing up.

"I think my parents thought of it as something that you had to do, not something that was of benefit or important," she said.

Jimmy has worked in smaller communities where some parents are reluctant to even set foot on school property, and she adds that educators can help by working to make the school feel

more like a community space and less like an educational institution.

She points to steps the province is taking to educate teachers about reconciliation as an important first step.

"You can change the curriculum and you can mandate teachers to teach a topic," she said, "but until they have their own understanding of it how do you teach it to the heart and not the head?"







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60 years on, Sayisi Dene get apology

INDIGENOUS AFFAIRS

Government forcibly relocated First Nations group

The federal government has formally apologized and provided compensation for the forced relocation of a First Nations community in northern Manitoba 60 years ago. Indigenous and Northern Affairs Minister Carolyn Bennett visited the Sayisi Dene on Tuesday to apologize for the 1956 move that led to hunger, violence and death.

"Without proper consultation, without explanation and without adequate planning, the federal government took your people from the land and the waters that sustained you," Bennett said in prepared remarks.

About 250 Sayisi Dene were forced out of Duck Lake to a barren area near Churchill, partly because the Manitoba government believed they were causing a steep decline in the caribou herd — an idea later proven untrue.

In the new location, food was scarce and housing inadequate. The Dene were forced to scavenge the dump and were assaulted by Churchill residents.

About one-third of the relocated Dene died "as a result of poverty, racism and violence," the Manitoba government said in a 2010 apology for its role.

Chief Ernest Bussidor, who was born one month before the relocation, said many have suffered post-traumatic stress.

"A lot of children died," Bussidor said Monday. "That kind of stuff never leaves you." THE CANADIAN PRESS



Sayisi Dene participate in a church service around the Duck Lake post in 1947. The apology comes with a \$33.6-million settlement. HUDSON'S BAY COMPANY ARCHIVES VIA TORSTAR NEWS SERVICE

MENTAL HEALTH

Fort McMurray victims facing sleepless nights

Genevieve Belleville is struck most about the many Fort McMurray residents who are having nightmares and trouble sleeping.

The psychology professor at Laval University in Quebec City is heading a mental-health study of people from the northern Alberta city who were forced to flee a voracious wildfire in May.

Two of her research assistants were returning Tuesday after spending three weeks in the community. They conducted clinical interviews with about 50 residents and another 300 people completed an online questionnaire.

Analysis is to begin soon on whether some are suffering from post-traumatic stress disorder, Belleville said. A preliminary look at the data shows many in the group aren't sleeping well.

"They also have very painful memories," said Belleville. "Some of them have moved, don't want to go back to Fort McMurray because it's too painful to see the aftermath of the fire."

The study will also assess whether the residents have depression, anxiety and substance abuse problems, she said.

THE CANADIAN PRESS

IN BRIEF

The zom-bees are in B.C.'s backyards

Zombie bees are a beekeeper's worst nightmare and this summer they have been spotted for the first time in Canada in Nanaimo, B.C.. The parasite responsible for putting the bees into a zombie-like state lays its eggs in bees and when the eggs hatch, larvae attack their host's brains, causing

the bees to act disoriented, according to John Hafernik, a biology professor at San Francisco State University. WANYEE LI/METRO IN VANCOUVER

Liberal MP Belanger dies

Mauril Belanger, a Liberal member of Parliament for more than two decades and a lifelong advocate for francophone rights in English Canada, has died.

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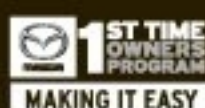
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Earth broiling to record highs

WEATHER

July 2016 was the hottest in recorded history

Earth just broiled to its hottest month in recorded history, according to NASA.

Even after the fading of a strong El Nino, which spikes global temperatures on top of man-made climate change, July burst global temperature records.

NASA calculated that July 2016 was 1.51 degrees Fahrenheit (0.84 degrees Celsius) warmer than the 1950-1980 global average. That's much hotter than the previous hotter months, about 0.18 degrees warmer than the previous record of July 2011 and July 2015, which were so close they were said to be in a tie for the hottest month on record, said NASA

chief climate scientist Gavin Schmidt.

Scientists blame mostly man-made climate change from the burning of fossil fuel with an extra jump from the now-gone El Nino, which every few years is a natural warming of parts of the Pacific Ocean that changes weather worldwide.

Georgia Tech climate scientist Kim Cobb said this is significant "because global temperatures continue to warm even as a record-breaking El Nino event has finally released its grip."

This is the 10th record hot month in a row, according to NASA. The National Oceanic and Atmospheric Administration, which calculates temperatures slightly differently, will come out with its July figures on Wednesday. NOAA has figured there have been 14 monthly heat records broken in a row, before July.

"The scary thing is that we are moving into an era where

+ WEATHER

NASA's five hottest months on record are

- July 2016
- July 2011
- July 2015
- July 2009
- August 2014

Only July 2015 was during an El Nino.

it will be a surprise when each new month or year isn't one of the hottest on record," said Chris Field, a climate scientist at the Carnegie Institution and Stanford University.

This new record and all the records that have been broken recently years tell one cohesive story, said Schmidt, director of NASA's Goddard Institute for Space Studies: "The planet is getting warmer. It's important for what it tells us about the future." THE ASSOCIATED PRESS



With so many questions swirling about the huge price tag on Olympic stadiums, Massimo Bottura wanted to make his own statement about sustainability. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

Master chef feeds homeless with excess Olympic food

Twelve hours ago, Fagner Dos Santos ate his last meal: two hardened bread buns and coffee. For much of the past decade, the 33-year-old has been battling drug addiction while living on the streets of Rio. When he eats at all, it's usually at a grungy soup kitchen or after picking through the trash.

Now he and some 70 other homeless men are feasting on a three-course meal courtesy of one of the world's top chefs.

The gastronomic destination is the brainchild of Italian master

chef Massimo Bottura. Using leftover ingredients from Olympic caterers and other local partners, Bottura created a gourmet soup kitchen, Refettorio Gastromotiva, that has been serving up meals to Rio's homeless population.

With questions swirling over the \$12-billion price tag of South America's first Olympics, Bottura wanted to make a statement about the games' sustainability by taking on one symbol of Olympic waste: the more than 230 tons of food supplied daily to prepare 60,000 meals for ath-

letes, coach and staff.

"This is a cultural project, not a charity," said Bottura, who runs the Michelin three-star Osteria Francescana in Modena. "We want to rebuild the dignity of the people."

It's a message that resonates in Rio. As Brazil plunged into its deepest recession in decades, the city's homeless population has struggled. In June, facing a financial calamity, Rio's state government had to close or cut back service at 16 meal centres.

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ROSEMARY WESTWOOD ON RECONSIDERING WHITENESS

Feeling uncomfortable. Feeling left out. Feeling diminished. Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen.

In retrospect, this could be viewed as the year of recalcitrant whiteness.

It's evident most noisily in America, where a conversation fuelled by police killings of black Americans cross-bred with the Republican Party's typical play for white Christian votes, and under the toxic orange glow of Donald Trump, mutated into an ungainly, vitriolic, spitting monster.

It's evident here, too. Black Lives Matter organizers drew the ire of Canadians who imagined we'd somehow escaped the U.S.'s anti-black bias; the Missing and Murdered Women and Girls inquiry underlines the extreme violence white women just don't see; the killing of an indigenous man by a white farmer in Saskatchewan sparked racial tensions in that province into flame.

I also feel it in myself.

I was raised in Victoria, a city I've long imagined could be the whitest place in Canada. I grew up devoid of any sophisticated sense of race. The sprinkling of diversity in my schools went largely unnoticed, as innocuous as the odd birch in a forest of cedar. Equality among us was assumed, as was our Canadian immigrant identities and their neutral impact on the country. In one junior-high social studies class we were directed to research how and when our families came to Canada. Perhaps you can guess this: There were no indigenous pupils in the class.

This year, more than any, has troubled my sense of whiteness. Frequent criticisms

of my "white feminism" have revealed weaknesses in my politics. Covering Toronto's Black Lives Matter protests underlined how uniform and narrow white Canadian media analysis can be, and forced me to question what I do and do not have any business writing about. This year's suicide crises on indigenous reserves drew both horror at the suffering and cynical

posed to hurt.

Feeling uncomfortable. Feeling left out of the conversation. Feeling diminished. Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen. This is what it feels like to no longer be the sole centre of attention. This is what it feels like to be rightly



WHAT'S YOUR POINT? A protester brandishes an "All lives matter" sign at a Black Lives Matter rally in Panama City, Fla., in July. Social movements in Canada and the U.S. are forcing white people to think of themselves in new ways. AP

suggestions that indigenous Canadians bring all ills upon themselves. And since conditions on reserves don't change between one suicide crisis and the next, both responses can be read as expressions of white privilege.

White privilege. I don't use that term lightly. And I realize it's likely to blow the skull of any white person who's sick and tired of being called white as if it's a bad thing. They've likely already stopped reading, but I will address them on the off chance they're still around: The fact that you are deeply upset proves the problem. The thing about contemplating one's whiteness in 2016 is that, for perhaps the first time in centuries, it's sup-

posed to hurt. accused of dominating the country on morally shaky ground. In the colonial beginning, there was racism. It was at the root of residential schools, early immigration practices, early slavery laws. Despite our best efforts to pretend otherwise, that racism endures.

I wouldn't want to be called a bigot either. I don't want to be told my country is, among other wonderful things, dyed with discrimination. Who does? But bias has been built into this nation, and we all exist on its spectrum. Internally, too, we are all biased. And the worst thing any of us could do is pretend otherwise.

People living in Saskatchewan this week don't have that luxury. On Sunday Brad

Wall, the province's premier, in the kind of aspirational sentiment common to our politics, said that "racism has no place in Saskatchewan" before explaining exactly what place it does hold. "In the wake of a shooting near Biggar, there have been racist and hate-filled comments on social media and other forums," he said in a statement.

In comments to the StarPhoenix newspaper, one woman expressed her support for the alleged shooter before making this racially tinged yet opaque comment: "Nobody should have died, but we knew it was going to come to this. Things are out of control." Who is "we"? What is "it"? And why did "it" have to end in a shooting? What, exactly, is "out of control"?

It's a question that also applies to the U.S., to Trump's campaign, to his cult-like supporters. And some fairly convincing answers can be found in a new book. In *The End of White Christian America*, the religion researcher and pollster Robert P. Jones traces white Protestant Americans' "waning cultural influence" and the ensuing anxieties and fears that run so deep, even a 2014 Coke ad about America's diversity was a "provocative act." As Jones elaborated in a New York Times op-ed: "The apocalyptic rhetoric is fueled by energies that are unleashed when a long-dominant group senses the looming end of its era."

Do not think that those apocalyptic and xenophobic sentiments belong only to America. I have heard them myself, and never more loudly than this year: white people are the most discriminated against, white Christian faith is under attack. These are the feelings of those who sense a slipping grip on power, and who have not yet imagined in what ways that might be a good thing.



Grits' holistic anti-terror aims traceable to Harper



So far on terrorism, Justin Trudeau is more or less the prime minister Stephen Harper told us he would be.

On the very day Trudeau became leader of the Liberal Party of Canada, in April 2013, he sat in Ottawa for an interview with Peter Mansbridge of the CBC. Two bombers had just detonated their homebrew contraptions at the Boston Marathon, killing three and wounding hundreds.

How would you respond if you were PM, Mansbridge asked. "Over the coming days," Trudeau replied, "we have to look at the root causes."

That language seemed designed to ruffle Conservative feathers. But Trudeau was not done. "There is no question that this happened because there is someone who feels completely excluded. And our approach has to be, where do those tensions come from?"

That was all Stephen Harper needed. In London he told reporters: "When you see this kind of violent act, you do not sit around trying to rationalize it or make excuses for it or figure out its root causes. You condemn it categorically."

A week later, Harper piled on. "This is not a time to commit sociology, if I can use an expression. ... I don't think we want to convey any view to the Canadian public other than our utter condemnation of this kind of violence."

Two years later Trudeau won the election. Last week the RCMP shot and killed Aaron Driver in Strathroy, Ont., and we have had a chance to see how Trudeau handles terrorism.

To a great extent, in any public sense, he doesn't. It's Ralph Goodale, his minister

of public safety who has been the government's face in the aftermath of Strathroy. Nevertheless, it's striking how much time Goodale has spent talking about sociology.

In a long weekend news release, Goodale first reassured Canadians that the police had done their job well and that Canada's threat level is no higher than it has been for a year and a half. Then: "We need to know how to identify those who could be vulnerable to insidious influences that draw certain people — especially young people — toward extremism leading to violence."

"We need to understand what positive messages can counteract that poison."

Inconveniently for fans of political caricature, the academic work into counter-radicalization that turns Goodale's Liberal crank is already well begun — thanks to Stephen Harper.

In June 2011, Harper announced the Kanishka Project, a \$10-million research program on terrorism. Work funded by the Kanishka Project included the Canadian Network for Research on Terrorism, Security and Society, whose co-director, Lorne Dawson, has said "the actual research has consistently shown that sociology is the better way to go."

Harper low-bridged the sociology while playing up the law and order, but he did both. Trudeau reverses the emphasis, but he does both.

Sociology offers no guarantees. Utter condemnation didn't either. Trudeau's record on terror will be told over four years at least. But his way is no accident. His government's behaviour this week is in a straight line from those remarks he made in 2013.

Paul Wells is a national politics columnist for the Toronto Star.

The thing about contemplating one's whiteness in 2016 is that it's supposed to hurt.

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In her book released Tuesday, Amy Schumer writes she experienced slut-shaming while doing press for Trainwreck. "Maybe it was just a cultural thing that made the foreign journalists seem out of line. Some interviewers brought this vibe: 'Well, you talk about sexual subject matter in your movie, so I can say anything I want to you.'"

Wednesday, August 17, 2016

It's time for a ramen revolution

INTERVIEW

New cookbook aims to help students save money, eat better



Yvette d'Entremont
Metro | Halifax

Takeout-inspired sesame chicken. Creamy macaroni and cheese with butternut squash. Sriracha pulled pork tacos with pineapple salsa.

Not your typical student fare and a big step up from hot-dogs and packaged noodles, but those are among the cheap, easy and nutritious recipes on offer in a new book released Monday by Halifax dietitian Krista McLellan.

With the appetizing title *World Food For Student Cooks*, it dishes up a helping of those recipes drawn from a variety of international cuisines, including Indian, Thai, Mexican and Middle Eastern.

McLellan said the recipes in

her first book are flavourful, fun to make, and use everyday kitchen staples and readily available ingredients.

"Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing," McLellan said in an interview Monday.

"And you save some money. There are a lot of other places for money to go when you're a student."

The book was inspired by McLellan's personal experiences as a student living in some of Canada's most multicultural cities, including Toronto and Ottawa.

"Canada is definitely a melting pot of different cuisines, and younger generations really appreciate that," she said.

"Also, eating out all the time is really expensive and also does not give a lot of control in terms of the healthfulness factor."

McLellan believes home cooking is making a comeback and she wants to help grow that trend with a younger



generation.

"Being able to develop some healthy habits as they foray into their new life as an independent adult who doesn't rely on mom and dad for their food is probably a really good thing," she said.

"There is a good mix, from things that can be made ahead of time, batch cooked and kind of pulled out of the freezer at exam time, to things that can be thrown together in a couple of minutes."

The more than 170 recipes featured in her book include snacks, appetizers, breakfast, desserts and main dishes.

World Food For Student Cooks retails for \$16.95 and is available now at campus bookstores, Chapters-Indigo locations and independent bookstores across Canada.



Halifax dietitian Krista McLellan has created a cookbook for students featuring flavours of the world. One of the dishes, Simple Sesame Chicken, is seen left. ZANE WOODFORD/METRO; HANDOUT

Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing Krista McLellan



Nothing says summer like ripe tomatoes, herbs, tangy feta and a lime-curry vinaigrette served atop a wedge of watermelon. TORSTAR NEWS SERVICE

ENTERTAINING

A salad that celebrates summer

Ricardo Larrivée
Torstar News Service

This weekend, why not invite some friends over for an outdoor dinner party? I've got the perfect recipe for you: a salad that celebrates the best of summer, made with juicy watermelon, ripe tomatoes, the tangy snap of feta, fresh herbs and a lime-curry vinaigrette. The mix of flavours epitomizes the season and is a perfect alfresco dish — the secret weapon, however, is the presentation. Serve each of your guests an entire wedge of melon topped with the dressed tomatoes, cheese, basil and chives, and you've got yourself a show-stopper of a salad guaranteed to

elicit oohs and aahs. And what chef doesn't like that?

Watermelon Tomato and Feta Salad

Makes 6 servings

Ingredients:

- 1 large seedless watermelon*
- 2 tbsp (30 mL) olive oil
- 2 tbsp (30 mL) lime juice
- ¼ tsp (1 mL) curry powder
- Salt and pepper
- 2 large tomatoes, cut into wedges
- ¾ cup (115 g) feta cheese cut into large chunks
- 3 tbsp (45 mL) chopped fresh basil
- 3 tbsp (45 mL) fresh chives cut into ½-inch (1 cm) pieces

Directions:

1. On a work surface, cut a 1-inch (2.5 cm) thick slice of watermelon lengthwise. Place in the middle of a large serving platter and set aside.
2. In a large bowl, combine the oil, lime juice and curry powder with a whisk. Season with salt and pepper.
3. Add the tomatoes, feta and herbs. Toss to coat thoroughly with the vinaigrette and adjust the seasoning.
4. Arrange the tomato salad over the watermelon slice. When ready to serve, cut into wedges.

Jackfruit: Big, bad and delish

RECIPE

Don't be afraid of this spiky fruit, cook it in a curry instead

We interrupt our local season to bring you one of the world's biggest, baddest-looking fruits, which happens to be right at home in this tropical weather.

Whole Foods Market produce buyer Stuart Coleman fell in love with them 20 years ago in his native Australia.

Long and slightly kidney-shaped, armed with brown-yellow spikes and weighing up to 40 kilos each, they're impossible to miss. Though they share the same spikes as a durian, jackfruit doesn't smell like a hockey bag. Instead, it gives off a mild fragrance somewhere between banana and pineapple.

Coleman says jackfruit can be eaten green or ripe, the wood from its tree contains a natural dye and the seeds can be roasted and eaten like nuts, made into chips or dried and ground into flour. Since the Mexican fruit he's trucking in at the moment weighs between 23 and 29 pounds (10-13 kg), he's cutting it into "grab and go" slices.

Coleman does admit the fruit still requires "a bit of maintenance" when you get it home.



This spicy jackfruit rice bowl serves four. TORSTAR NEWS SERVICE

Spicy Jackfruit Rice Bowl

Ingredients:

- 1 tbsp (15 mL) canola or vegetable oil
- 1 medium white or sweet onion, diced
- 4 cups seeded, diced fresh jackfruit
- 1 serrano or jalapeño pepper, diced
- 1 1/2 tsp (7 mL) chili powder
- 1 tsp (5 mL) salt
- 1/4 cup (60 mL) fresh orange juice
- 2 cups (500 mL) cooked brown rice
- 1/2 cup (125 mL) chopped fresh cilantro
- Garnish: lime wedges

Directions:

1. In a large skillet, heat oil over medium heat. Set aside one-third of the chopped onion for garnish; add remaining onion to skillet and cook, stirring, until golden brown, about 6 minutes. Add jackfruit, serrano, chili powder and salt. Cook, stirring, for 1 minute. Add orange juice, cover and simmer, stirring frequently, until jackfruit is very tender, 20 to 30 minutes. Add water 1/4 cup (60 mL) at a time if mixture gets dry.

2. Divide rice among four bowls. Top with jackfruit, reserved onion and cilantro. Serve with lime wedges.

TORSTAR NEWS SERVICE



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LIQUID ASSETS

Zin and ribs: A perfect pair

Few red grapes have as exotic a backstory as Zinfandel. Originating in Croatia (where it goes by the tongue-twister of a name Crljenak Kaštelanski), it was christened Primitivo when it found its

way to Italy and finally called Zinfandel after being introduced to California's vineyards in the early part of the 19th century. Zinfandel is a natural mate with barbecued ribs, especially when they are lathered in sweet, saucy

goodness.

The Michael David Winery loves a pun, and its 2013 The Seven Deadly Zins (\$22.49-\$24.99), with its dried red fruit and long trail of pepper spice, is rib-tastic.

PETER ROCKWELL/METRO

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LaCrosse wants to shake stigma



REVIEW

Buick overhauls image with good looks



Dan Ilika
AutoGuide.com

You'd be forgiven if Buick wasn't the first brand to spring to mind when thinking about luxury vehicles.

That is something Buick hopes to change — and soon. It's already got some momentum going, with the Cascada convertible in the U.S. and Envision midsize crossover signalling the start of an aggressive rollout that will see seven new or refreshed products hit showrooms by 2018. But there may be none more important than the 2017 Buick LaCrosse.

It's no secret that Buick is overhauling its image in an attempt to shed the stigma, at least in North America, of serving society's senior citizenry. To do so starts with good looks, something the new LaCrosse has in spades.

It begins with a new grille design that scales back the toothy grin of old for a more refined shape. The grille is also where the LaCrosse's character lines begin and end, tracing all the way around the full-size sedan to accent its sleeker, elongated proportions. The car itself is only 15 millimetres longer and 10 millimetres wider than the outgoing version, but has a stance

that would lead you to believe otherwise.

The LaCrosse's exterior overhaul was about more than just a new form, though, with a host of changes made to improve its overall function. The car weighs 136 kilograms — about the weight of a side-by-side refrigerator — less than the last generation thanks to the expanded use of high-strength steel, while outward visibility has been vastly improved thanks to narrower A- and C-pillars.

It's hard to convey an up-market appearance when so much of a car's interior carries over from more mainstream models, a problem that isn't unique to General Motors, but one that has plagued the automaker for years. Designers set out to change that in the 2017 LaCrosse, with little of the car's interior shared with anything else in GM's vast portfolio.

The new engine features idle-stop technology and cylinder deactivation to reduce emissions and improve fuel economy. That means the engine automatically shuts off when the car is stopped, and only runs on four cylinders when cruising at highway speeds. Power delivery is smooth if a little slow at times, while the idle-stop and cylinder deactivation systems work impeccably well, and go virtually unnoticed.

Put the whole package together, and the LaCrosse handles long trips with ease, gobbling up bumps as eagerly as it carves a corner and does it with style. It's not as sporty as the turbocharged Buick Regal, but it's composed and capable of providing at least some level of engagement.

THE CHECKLIST | 2017 BUICK LACROSSE

THE BASICS

Engine: 3.6L V6
Power: 309 hp, 37 kg-m
Transmission: Eight-speed automatic
Fuel Economy (L/100 km): 11.8 city, 8.1 hwy (AWD)
Price: Starts at \$35,445 (before freight)



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'Race of Champions' heads to Manitoba

WHEELS ROUNDUP

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LAKE WINNIPEG

Winter sport driving coming to Canada

Previously only offered in Sweden, the AMG Winter Sport Driving Academy is heading to Canada. Enthusiasts will be able to experience a selection of AMG models on the icy surface of Lake Winnipeg in Gimli, Man. During the program, Lake Winnipeg will be transformed into what AMG calls an "uncompromising, frozen terrain where adrenaline-charged curves and apexes modelled from world-famous race-tracks will be recreated in milled ice." Participants will gain valuable experience with controlled driving safety and dynamics that will culminate in a "Race of Champions." JASON SIU/AUTOGUIDE.COM



SELF-DRIVING

Tesla may go fully auto

The next-generation Tesla Autopilot will receive upgrades in the hardware department. According to a report, Tesla Autopilot 2.0 will feature new hardware that includes a new sensor suite to enable level 3 autonomous driving, and potentially level 4 fully autonomous driving. JASON SIU/AUTOGUIDE.COM



DEPRECIATION

Colour boosts car's resale value: Study

When it comes to a car's resale value, brighter and more unusual shades like orange and yellow actually hold their value better, a new study says. And before you think that's because orange and yellow are typically reserved for luxury and exotic vehicles, the two shades had the least depreciation across virtually all body styles and market segments. JASON SIU/AUTOGUIDE.COM

+ DESIGN FISKER GETS A REFRESH, NEW NAME

Fisker Karma reborn as Karma Revero

The new Revero from Karma Automotive, formerly known as Fisker Automotive, has been fully revealed. While it is being touted as a new car, the Revero is in reality a re-

freshed version of the Fisker Karma, launched back in 2011. Karma Automotive was created from the ashes of bankrupt Fisker when the company was sold to China's Wanxiang Group. Updates to the car include an improved solar roof

for collecting energy, an all-new infotainment system and a set of handpainted badges. Karma didn't reveal all of the details, though a count down on its website suggests that the car will be fully unveiled on Sept. 8. STEPHEN ELMER/AUTOGUIDE.COM

TRENDS

How the gaming industry is making driving more fun



Sami Haj-Assaad
AutoGuide.com

Imagine if cars were just made for transportation duties. All we would see on the roads are boring boxes on wheels. Fortunately, that's not the world we live in, and car designers have made sure that our cars are fun.

That fun can be found in the exterior appearance, the performance and the handling, but automakers are also putting in little games into cars to help lighten up the load of driving and make it more entertaining. For example, the Nissan GT-R's central display screen features graphics and visuals designed by the same team behind Gran Turismo for Playstation. Here's a look at what some other companies are doing:

Veloster Blue Max game

Many cars are using games to encourage drivers to be more fuel efficient. Hyundai and the earlier iteration of the Veloster had one of the more interesting applications, as there's a hidden game in the



The Nissan Concept 2020 Vision Gran Turismo. AZUHIRO NOGIKA-ZUHIRO NOGI/AFP/GETTY IMAGES

settings that awards points to efficient drivers.

Actions like coasting, changing into the correct gear at the right time, and accelerating and braking smoothly would all net points.

Corvette performance data recorder

A cool feature in racing games is the ability to record your lap times and compete against them. Corvettes are starting to incorporate some of that idea with the available Performance DataRecorder, or PDR.

Vision Gran Turismo

If you need any more proof that the world of cars and video games are converging, take a look at the Vision Gran Turismo program. Automakers are creating awesome concepts for the Gran Turismo video game, then making them into real things to display at auto shows and other events.

Some automakers are even using the Vision GT concepts to influence their real cars. This is the path that Bugatti took with their new Chiron hypercar.

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"How much did they charge you bro??" Irish boxer Michael Conlan tweeted at Vladimir Putin after his questionable loss to Vladimir Nikitin



1 Canadian blur — Andre De Grasse of Markham, Ont., was the fastest man in qualifying for the 200 metres (20.09) on Tuesday. MARK BLINCH/COC/THE CANADIAN PRESS

2 Cushy landing — Christian Taylor of the U.S. won gold in the triple jump (17.86 metres). ANTONIN THUILLIER/AFP/GETTY IMAGES

3 Strong finish — Oakville, Ont.'s Adam van Koeverden won the consolation final of the men's single kayak 1,000 metres. BUDA MENDES/GETTY IMAGES

4 Clutch throws — Sandra Perkovic of Croatia escaped early elimination twice before producing last-ditch throws — the longest 69.21 metres — to win the women's discus. FRANCK FIFE/AFP/GETTY IMAGES

5 French kiss of death — The Canadian women's basketball team had their tournament come to an end in the quarter-finals with a 68-63 loss to France. PHIL WALTER/GETTY IMAGES



SOCCER

Canada denied upgrade of 2012 bronze

The Canadian women's soccer team will look to defend the bronze it won four years ago in London after its bid to rise up the Olympic podium was derailed by Germany in a 2-0 semifinal loss Tuesday.

Goals by Melanie Behringer and Sara Daebritz on either side of halftime dashed Canadian dreams of reaching the final as the second-ranked Germans efficiently ended the Canadians' four-game win streak. Down 2-0 after 59 minutes, Canada came on in waves but was unable to

make ground before a sparse crowd at Mineirao Stadium.

Once the final whistle blew, tearful Canadian players were left to console each other on the field.

"It feels like crap right now," said midfielder Jesse Fleming. "I wanted to win a gold medal. But we're going to win bronze ... It sucks." The Germans defended in

numbers, with goalkeeper Almuth Schult a formidable barrier, and then looked to counter-attack or just hammer the ball downfield.

The 10th-ranked Canadian women will rue the opening goal in the 21st minute, a needless penalty conceded on a Kadeisha Buchanan sliding tackle. But Buchanan, who

Drouin leaps atop podium

RIO2016

High jumper is the first male Canadian to win gold medal

A face slap or two and then a bounding run, a moment of spring upwards and a contortion backwards over the bar. That's how it worked Tuesday for Canada's Derek Drouin from his opening height of 2.20 metres — that's well above a standard doorframe — to 2.38.

That's where he won his second Olympic high jump medal — this time gold.

All 15 men in the final cleared the opening bar but by the fifth height, 2.36 metres, there were only six men left. Even Drouin — who is known for being calm and betraying little emotion in competition — looked thrilled to have cleared it.

When the bar jumped to 2.38 metres in the next round he knew he had a medal — it was just a question of colour — and he soared over the height, clearing it on his first attempt just as he had every other one.

Then he had to wait.

Qatar's Mutaz Essa Barshim and Ukraine's Bohdan Bondarenko both missed their first two attempts on the height.

Bondarenko, playing a game of chess as well as high jump, skipped the next jump moving the bar to 2.40. He missed leaving him with the bronze and Barshim the silver.

Four years ago, under a different set of bright Olympic lights, Drouin was the only Canadian to win a medal in all of athletics. This time he came as a headliner on the deepest track and field team Canada has ever had.

Even before 26-year-old from Corunna, Ont., started jumping, Canada had already doubled its London total — with bronze medals won by Brianne Theisen-Eaton in heptathlon and Andre De Grasse in the 100 metres

— with several strong medal contenders still to come.

Drouin is the first male Canadian athlete at the Rio Games to win a gold medal. He joins swimmer Penny Oleksiak and trampoline gymnast Rosie MacLennan.

It seems natural, likely even, that the reigning world champion in an event would win an Olympic medal the following year but

Drouin always maintained his past achievements would mean little here.

"I don't get any extra points for having done that," he said, of his gold at the 2015 Beijing world championships and bronze from the 2012 London Olympics.

"It's just show up on this day and try to be the best."

TORSTAR NEWS SERVICE

2.38

Drouin's winning jump, in metres



Derek Drouin won Canada's third gold medal in Rio. GETTY IMAGES

RIOin brief

Biles wins floor exercise to capture fourth gold medal

Simone Biles closed her Rio Olympics with more gymnastics gold.

Biles won the floor exercise Tuesday for her fourth gold of the Games — only the fourth Olympic gymnast to do so.

She added a bronze in the balance beam Monday in what marked the first day of a Summer Olympics since 2008 the United States didn't win a gold medal. THE ASSOCIATED PRESS

Police find no evidence to prove robbery

Police investigating reports that American swimmer

Ryan Lochte and three teammates were robbed at gunpoint so far have found no evidence supporting the account. Lochte insists he has been upfront about what happened. THE ASSOCIATED PRESS



Ryan Lochte GETTY IMAGES

Olympic silver medallist Juan Martin del Potro will return to the U.S. Open for the first time in three years after receiving a wild-card invitation



Harrison digs his heels in amid doping probe

NFL

Steeler says he won't answer questions, does not want ban

Pittsburgh Steelers linebacker James Harrison doesn't want to face a suspension. He is also not interested in talking to NFL representatives, either.

The NFL's senior vice-president of labour policy and league affairs, Adolpho Birch, sent a letter Monday to the NFL Players Association detailing a plan to indefinitely suspend Harrison, Clay Matthews, Julius Peppers and Mike Neal if they don't speak with the league by Aug. 25 as part of its investigation into an alleged link to performance-enhancing drugs.

The players' punishment would end at the discretion of Commissioner Roger Goodell once interviews are completed, according to the letter obtained by The Associated Press.

Harrison said he isn't interested. "I'm not going to answer questions for every little thing that some Tom, Dick and Harry comes up with," Harrison said. "If that's the case, somebody can come out and say that James Harrison is a pedophile. (Are) they going to suspend me and put me in an investigation for being a pedophile just because



Steelers linebacker James Harrison doesn't want to be investigated solely based on what he says is hearsay. JUSTIN K. ALLER/GETTY IMAGES

“ (Are) they going to suspend me and put me in an investigation for being a pedophile just because somebody said it? ”

Pittsburgh linebacker James Harrison

somebody said it?”

Harrison said he doesn't want to be suspended, but he is prepared to take the situation as far as New England Patriots' quarterback Tom Brady, who fought his four-game "Deflategate" suspension for 18 months — nearly to the U.S. Supreme

Court — before deciding to no longer proceed with the legal process. His suspension begins next month.

"When it comes down to it, I want to play, but it's certain rules and things they need to go through that they didn't even go through just to start an in-

vestigation," Harrison said at training camp. Harrison said in June he would only agree to an interview if it were at his home and Goodell was present. He extended his invitation again on Tuesday.

"Like I said before," Harrison said. "Come to my house. Bring Roger with you."

Harrison said he would "lean in the direction" of speaking with the league if the Steelers suggest an interview because he doesn't want to let his teammates and the organization down. "I'll have to deal with

ORIGIN

The NFL first notified the four players on Jan. 11 about the investigation into a report by Al-Jazeera including allegations made by Charlie Sly, who worked as an intern at an anti-aging clinic, about the use of PEDs by several athletes, including the four linebackers. Sly later recanted his claims.

Retired quarterback Peyton Manning was also cited in the report, but the NFL cleared him after a separate investigation in which the Broncos star granted interviews and provided all records sought by league investigators.

that when the time comes," Harrison said. Steelers coach Mike Tomlin said he is staying out of it.

"This has nothing to do with us," Tomlin said. "This is between him and the (NFLPA) and the league. I assume that he is going to do what he needs to do."

Goodell's power to punish players has been an increasingly difficult issue between the NFL and the union in recent years, highlighted by the Brady case and that of Vikings running back Adrian Peterson, who fought his suspension over allegations of child abuse. THE ASSOCIATED PRESS

NHL

Senator calls out Bettman over CTE

U.S. Senator Richard Blumenthal continues to call out NHL commissioner Gary Bettman over the league's stance on concussions.

Bettman recently penned a 24-page letter in response to questions from Blumenthal, stating, above all, that no definitive link had been made between concussions and chronic traumatic encephalopathy, known as CTE.

"Common sense and mounting scientific evidence show there are warning signs and clear links between brain trauma and concussions and degenerate neurological disease later in life, including CTE," Blumenthal said Monday, according to comments published by the Hartford Courant.

"I'm here to call on the NHL to be on the right side of history and health and to show a sustained and serious care for their players in addressing this problem."

Bettman rebutted Blumen-

“ A causal link between concussions and CTE has not been demonstrated. ”

Gary Bettman

thal's claims in his earlier letter, detailing the NHL and NHL Players' Association's attempts to inform players on the "seriousness" of head injuries and concussions as well as the potential lasting effects. He pointed to the creation of the NHL/NHLPA concussion program in 1997, along with repeated efforts educating players on the health risks posed by concussions.

Bettman added that "a causal link between concussions and CTE has not been demonstrated."

"As it is, to this day — let alone prior to the start of the NHL/NHLPA Concussion Program in 1997 — no medical study has ever concluded that concussions suffered by players who have played hockey at the NHL level can or do cause degenerative 'brain diseases,'" Bettman wrote.

The NHL is currently facing a class-action concussion lawsuit.

THE CANADIAN PRESS

CFL

Calgary defensive pair traded to Riders

The Saskatchewan Roughriders acquired defensive backs Fred Bennett and Jeff Hecht from the Calgary Stampeders for two negotiation-list players Tuesday.

The six-foot-one, 197-pound Bennett is in his fifth CFL season. He had 166 tackles, 10 interceptions and seven forced fumbles in 73 regular-season games with Calgary.

The five-foot-nine, 205-pound Hecht, an Edmonton native, began his CFL career with Montreal in 2011 but was in his fifth



Fred Bennett GETTY IMAGES FILE

season with Calgary. He accumulated 50 tackles and 37 special-team tackles in 73 regular-season contests with the Stampeders.

THE CANADIAN PRESS

IN BRIEF

Aguero stars as City rout Bucharest in CL qualifier

Sergio Aguero hit a hat trick after failing to score from two early penalties as Manchester City thrashed Steaua Bucharest 5-0 in the first leg of their Champions League playoff on Tuesday, virtually assuring a sixth straight season in the group stage.

David Silva opened the scoring in the 13th-minute opener before new signing Nolito scored his first City goal in the Romanian capital. THE ASSOCIATED PRESS

SOCCER

Ex-FIFA president Havelange dead

Joao Havelange, who as president of FIFA for two decades transformed soccer's governing body into a multibillion-dollar business and a hotbed for subsequent corruption that damaged its reputation, has died. He was 100.

Havelange, who was suffering from a respiratory infection, died early Tuesday while Rio de Janeiro was hosting the Olympic Games, according to the Samaritano Hospital.

In 2009, Havelange led off Rio's bid presentation to the

International Olympic Committee in Copenhagen by inviting the members to vote to "join me in celebrating my 100th birthday" at the 2016 Games in Brazil.

The Brazilian flag was lowered to half-staff at Olympic venues and the IOC said its "thoughts are with the family and loved ones" of Havelange. FIFA president Gianni Infantino lavished praise on Havelange, saying the "whole football community should be grateful" for his contribution.

THE ASSOCIATED PRESS



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Yankees right-fielder Aaron Judge fails to reel in the home run ball hit by the Blue Jays' Troy Tulowitzki on Tuesday. RICH SCHULTZ/GETTY IMAGES

Jays revive bats after rain delay

MLB

Toronto shells New York for 4 runs in 6th inning, 8 in 8th

The Blue Jays have presented a confusing but highly entertaining picture of a first-place ball team here at Yankee Stadium the past two nights.

It's the offence showing plenty signs of life — with Kevin Pillar and Jose Bautista injured — that is blowing both hot and cold, especially in a wild 12-6 victory of the Yankees on Tuesday night.

It was mostly cold, at least through the first five innings Tuesday, with Toronto falling behind 5-0 before lightning and a heavy downpour delayed the

TUESDAY in the Bronx

12 **6**
BLUE JAYS YANKEES

game for the next 42 minutes.

Upon the resumption of play, that offence's true identity — its league-leading home run power — surfaced in a big way.

Four homers, back-to-back efforts by Troy Tulowitzki and Russell Martin in the sixth and a blistering two-run shot from Edwin Encarnacion in the eighth — erased a 6-0 New York lead.

Martin came back three hitters after Encarnacion, belting a two-run homer of his own, and jumping Toronto all the way back from that six-run deficit to an 8-6 lead.

Tulowitzki finished with

four hits in four trips to the plate with his homer and three singles.

In total, Toronto's offence had just three hits prior to the downpour and looked dead in the water, with starter Marco Estrada giving up three homers of his own in four innings.

After the rain, the offence woke up with 11 hits, scoring four runs in the sixth and eight more in the eighth, to shock what was left of the 31,874 that were on hand.

The eight-run eighth tied a season high for runs in a single inning and also tied a franchise record for the most runs in an eighth inning (done four other times).

Just as impressive was reliever Scott Feldman, who put up three innings of one-run ball in relief of Estrada to pick up the win. TORSTAR NEWS SERVICE

SOCCER

Aguero stars as City routs Bucharest in CL qualifier

Sergio Aguero hit a hat trick after failing to score from two early penalties as Manchester City thrashed Steaua Bucharest 5-0 in the first leg of their Champions League playoff on Tuesday, virtually assuring a sixth straight season in the group stage.

David Silva opened the scoring in the 13th-minute opener before new signing Nolito scored his first City goal in the Romanian capital. THE ASSOCIATED PRESS

MLB

Red Sox ride Betts' power surge past O's

Mookie Betts homered twice and drove in five runs, helping the resurgent Boston Red Sox beat the Baltimore Orioles 5-3 Tuesday night for their fifth straight win.

Betts hit a three-run drive in the fifth inning and added a tie-breaking two-run shot in the seventh. He's batting .426 with 12 homers and 18 RBIs in 11 games against the Orioles this season.

Betts had three homers and eight RBIs in a 16-2 win over Arizona on Sunday.

THE ASSOCIATED PRESS



Mookie Betts GETTY IMAGES

RECIPE Watermelon Pizza



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

- fresh raspberries
- fresh mint
- maple syrup

Directions

1. Carefully slice watermelon into discs about 1-inch thick. Then cut each disc into 4 slices, pizza-style. Arrange watermelon slices on a plate.

2. Spread the yogurt evenly across the meat of the melon. Sprinkle with blueberries, slices of strawberries, raspberries and fresh mint. Drizzle with maple syrup.

With temps soaring, this fresh fruit version is the only pizza you should be making this week. Feel free to mix up the toppings any way you like, just don't skip the syrup!

Ready in 10 minutes
Prep time: 10 minutes

Ingredients

- 1 medium watermelon, cut into 4 discs
- 2 cups Greek-style yogurt
- fresh blueberries
- fresh strawberries

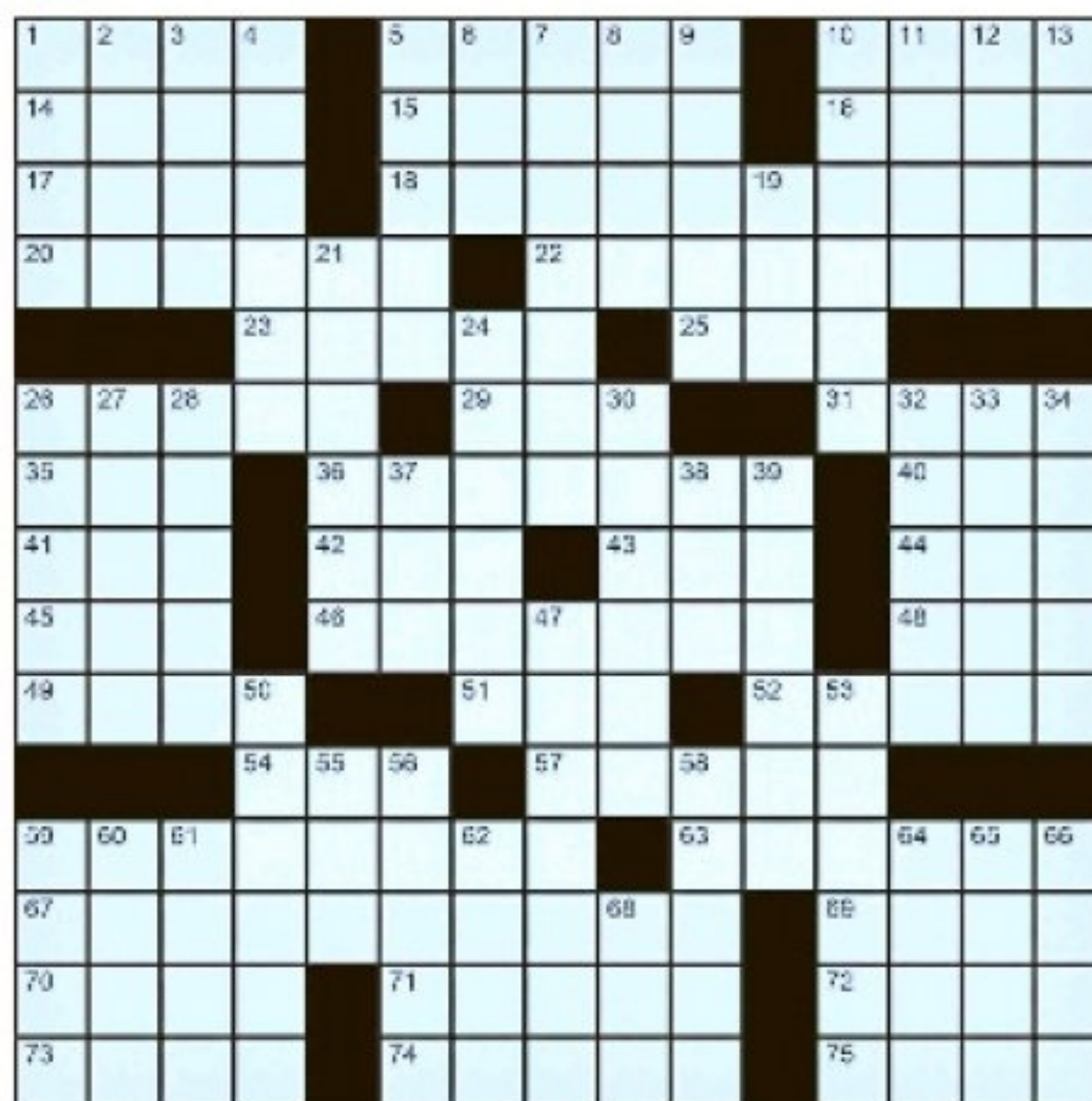
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10. Half
14. "The Perry _ Show"
15. Take _ trip (Travel alone)
16. "BC's opposite is known _" ...said the dates expert
17. Cajole
18. RIO 2016: Barry Manilow song sharing the name of Rio's famous beach
20. Deep down
22. RIO 2016: Stuff in the pool
23. Explosive stuff
25. WSW opposite
26. Duck
29. Victorian _
31. Canadian songstress Ms. Jordan
35. Madonna movie role
36. Viewpoint
40. Waste
41. Batch
42. Li'l diagram
43. Yore's 'before'
44. "Hold _ sec..."
45. "C'est la _!"
46. Attendee of a concert by the singer at #18-Across
48. Wealthy dollar amt.
49. Scandinavian story
51. Pine- _ (Cleaning brand)
52. RIO 2016: Athletics a.k.a. _ & Field
54. Deplete
57. Chocolate cake ingredient



59. RIO 2016: Track & Field event: 2 wds.
63. RIO 2016: Relay team member in Track & Field
67. RIO 2016: One who gets the crowd cheering in Soccer: 2 wds.
69. _ fruit

70. Dainty
71. _ de menthe
72. Level
73. Low-lying area
74. Flute, e.g.
75. Mind

DOWN

1. 301, fancy-style

2. Common _ (Canuck coin bird)
3. Ms. Thurman's
4. RIO 2016: Olympic sport
5. Be silent, to a musician
6. Volcano in Japan, Mount _
7. Movie-watcher's

- treat
8. "In the Valley of _" (2007)
9. Architectural base
10. RIO 2016: Fencing swords
11. Mr. Morales
12. Manfred _
13. Family suffix

- in zoology
19. _ Center (Chicago building)
21. Go extinct: 2 wds.
24. Sits on the throne
26. Check out, _ into
27. Egg-shaped
28. Courted
30. Danny of "Do the Right Thing" (1989)
32. Fragrance
33. Boom kind
34. Celery _
37. Ms. Zadora
38. 'Mountain'-meaning prefix
39. Sir Isaac _
47. RIO 2016: Thomas Bach's official gig, for short: 2 wds.
50. Jessica Simpson's sister
53. RIO 2016: Badminton or Tennis need
55. Singer Mr. McLean, et al.
56. Geometric scarf designer Emilio
58. One giving home help
59. TV cable channel
60. American state
61. Highlander
62. Daybreak, to a poet
64. Bee's abode
65. _ Sound, Ontario
66. Peel
68. CPR giver

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today's Full Moon could create problems with your kids, or your friends or even a romantic partner. Your best choice is to chill out.

Taurus April 21 - May 21
Today you are caught between the demands of home and family versus the demands of your job and your career. (You can't ignore home and family.)

Gemini May 22 - June 21
Be careful, because this is an accident-prone day for your sign since you or someone else might be distracted. Be calm and be aware.

Cancer June 22 - July 23
Disputes about finances, possessions, debt and inheritances might come to a head today. It's important to know what you really want before you agree to anything.

Leo July 24 - Aug. 23
Today the only Full Moon opposite your sign all year is taking place. This will create some emotional excitement or tension between you and partners and close friends. (But you still can enjoy this day!)

Virgo Aug. 24 - Sept. 23
Be patient with co-workers today, because the Full Moon's energy makes everyone a bit antsy and easily annoyed. Therefore, stay calm. Be a role model for others.

Libra Sept. 24 - Oct. 23
Don't try to persuade a friend to agree with you today. Just agree to disagree. Likewise, your relationships with children might be challenging because of the Full Moon's energy today. Go slowly.

Scorpio Oct. 24 - Nov. 22
Like Taurus, you feel challenged by juggling the demands of home and family versus job. However, unlike Taurus, you cannot ignore your career, job and public reputation.

Sagittarius Nov. 23 - Dec. 21
Avoid controversial subjects like politics, religion and racial issues today, because they quickly will lead to an argument. (Emotions run high during a Full Moon.)

Capricorn Dec. 22 - Jan. 20
Try not to get carried away with disputes about shared property, inheritances and financial matters today, because today's Full Moon is a tough day for having important discussions. Easy does it.

Aquarius Jan. 21 - Feb. 19
Today the only Full Moon in your sign all year is taking place. Naturally, this makes you more emotional, which can rebound off close friends and partners. Oh well.

Pisces Feb. 20 - March 20
Issues at work and conversations with co-workers might be frustrating today because of the Full Moon energy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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4	9	2	7	1	6	8	5	3
6	8	3	2	5	4	1	9	7
5	7	1	3	8	9	2	6	4
1	6	5	9	3	7	4	8	2
8	2	4	1	6	5	3	7	9
9	3	7	8	4	2	5	1	6
7	5	9	4	2	1	6	3	8
3	4	6	5	9	8	7	2	1
2	1	8	6	7	3	9	4	5

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